

Masters Swim

Week of June 15th – 21st

	Shorter Free	Mixed Strokes	Open water practice
Warm-up	200 s, FR, easy 150 k, FR, easy 3 x 50 p, FR, r = :15, moderate	200 IM kick, easy 150 s, FR, easy 150 s, YC/FR/YC, moderate	200 s, FR, easy 150 k, FR, easy 150 YC
Workout	6 x 50 kick **, r = :20 ** 8 hard dolphin kicks off each wall, finish with easy flutter 6 x 100 s, FR, build **, on: 1:45 1:50 2:00 2:15 2:45 3:00 ** build = get steadily faster 1 x 200 s, FR, all out, goal: 2:30 2:45 3:00 3:20 4:15 4:45	12 10 8 6 6 6 x 50 s, (25 YC + 25 FR), on: 1:00 1:05 1:10 1:20 1:30 1:45 8 6 6 4 4 4 x 100 s, FR, build **, on: 1:45 1:50 2:00 2:15 2:45 3:00 **build = get steadily faster 8 6 6 4 4 4 x 50 kick, (25 YC+25 FR), on: 1:10 1:15 1:20 1:30 1:45 2:00 1 x 200 s, FR, all out, goal: 2:30 2:45 3:00 3:20 4:15 4:45	4 x 25 s, FR, r = YC --eyes closed. One person at a time. 4 x 25 s, FR, r = YC --eyes closed under water, lift head to sight every 8 strokes 4 x 25 s, FR, r = YC --same as above, sight every 12 1 x 875 (1/2 mile) s, FR, goal: 11:30 12:50 13:50 16:45 22:00 25:00
Cool Down	200 yds, YC, easy	150 / 100 / 200 / 200 / 200 / 200	125 s, YC, easy
Yards	1800 yds = 1 mile	1 ½ / 1 ¼ / 1 ¼ / 1 / 1 / 1 miles	1800 yds = 1 mile
Notes & Events	<p>We've got some new beginners in our mix so I've added a 6th level to our workouts (black). If you need help understanding what's on the board, please ask any of our crew that seems to be able to make sense of it!!</p> <p>Don't forget, Sundays at Padden! Beginners at 11am, intermediates at 11:45, and veterans at 12:30.</p>		